



The words you choose in your everyday vocabulary, as well as your self-talk, play a dramatic role in your mindset. Many of us here have come through trauma in our childhoods and adult lives, and that negativity can be detrimental to our view of ourselves. It can then lead to speaking with a negative tone, reacting often in anger, and using negative words more frequently than is healthy for our mindset and moving forward.

***NEGATIVE words I will work on replacing:*** (ie. can't, won't, shouldn't, hate, dislike)  
***WRITE the word beside it that you will use instead.*** (can, will, like, prefer, enjoy)

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***Affirmations*** are statements that you say to yourself in order to support your goals. These are meant to be a statement that you ASPIRE to. (Not one that you already see yourself in). “ie. I am so happy & grateful now that...” or “I choose to make home-schooling fun and easy.” (as some examples)

**WRITE 2-3 affirmation statements.**

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Now choose the one that scares you the most, or that you perhaps feel unsure that you could actually do it. That's the best one. 😊 Write it on some sticky notes and post it around the house to read and say out loud to yourself.

**Contribution** is important in mindset. What you put out is what you get back. Like attracts like.

How will you contribute this week? This needs to be a free, no-strings-attached contribution. Maybe you help someone anonymously. Or you donate to a charity. Or you help a friend who rarely (or never) asks for help and you make it clear you want absolutely nothing in return and you simply enjoy helping them with something. If you are doing this task from a perspective of "it's a chore," the energy you put in (and get back again) will be less than what you are aspiring for. Look for ways to contribute that "light your fire" and are going to be genuinely appreciated.

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